

LET'S TALK LUPUS

December 2022 E-Newsletter

The Holiday Season Has Arrived!

It's time for baking, holiday music, parties and spending time with family and friends. The celebrations of the season can be overwhelming so make sure to find time to rest, check in with yourself and enjoy a festive cup of eggnog or hot chocolate.

We know that the holiday season can be difficult for those experiencing loss or isolation. Be kind to yourself and know that you are not alone. Remember to offer support to those who struggle during the holiday season, this is a time to spread joy and kindness. You never know the impact that even a small gesture might have. The Canadian Mental Health Association offers some tips for protecting your mental health during the holidays <https://cmha.ca/five-ways-to-protect-your-mental-health-this-holiday/>.



To celebrate a special occasion or to honour that someone special in your life that may be difficult to buy for why not make a donation in their honour through Lupus Canada's website? To learn more about different ways to donate please visit our website <https://lupuscanada.org/getinvolved/ways-to-donate/>.

Thank you to all those who supported Lupus Canada during Giving Tuesday. Whether you donated, shared Lupus Canada's resources, or helped someone you know who lives with lupus - we have proven that if we join together we can make lupus visible. Lupus Canada is grateful for the supportive community that is working with us to fulfill our ultimate mission, Life Without Lupus.

Important Dates To Keep In Mind:

- December 18 - December 26, 2022 - **Hanukkah**
- December 21, 2022 - **First Day Of The Winter Season**
- December 25, 2022 - **Christmas**
- December 26th, 2022 - **Boxing Day**
- December 31, 2022 - **New Year's Eve**

We want to thank our loyal supporters who allow us to continue to make an impact within the lupus community. Happy Holidays from Lupus Canada! We wish you a safe and joyful season.

Help support Lupus Canada by donating below

DONATE NOW

your gift makes a difference

A LOOK INSIDE

Lupus Canada News...

The Disease of a Thousand Faces - This is Alice's Story
Lupus Canada Welcomes Andrew Chudnovsky
Leadership Conference
Lupus Canada Fall 2022 Advocacy Campaign
Silent Auction
Let's Talk Lupus - Disease Awareness Webinars

Did You Know?

Articles...

Cold Weather, Symptoms, Flares, and Lupus
Self Advocacy Webinars: Mental Health & Lupus -
Managing Expectations

My Lupus Journey with Kayla B.

Community Engagement...

Social Media Highlights
Accounts of Interest

Recipes...

Healthy Cinnamon Roll Mug Cake

Quick Links...

Ways to Donate This Holiday Season
Merchandise
Brochures



The Disease of a Thousand Faces – This is Alice's Story



Lupus Canada is honoured to share the "The Disease of a Thousand Faces – This is Alice's Story" video.

Alice grew up healthy and happy, and like many other children her age, loved spending time with her family, going to school and dreaming about her future.

With more than 1 in 1000 Canadians living with this debilitating disease, it is commonly referred to as the disease of a thousand faces, which can affect anyone, at any age. Lupus can be life-threatening, but with help from donors like you, researchers are able to keep working towards a cure. With your support, we

hope to find better treatments, and one day a cure, for people like Alice and thousands more in Canada.

To watch the video click on the image to be directed to Lupus Canada's YouTube Channel.

Welcome Andrew Chudnovsky to Lupus Canada's Board of Directors

Andrew is a corporate lawyer specialising in advising early stage start-ups and privately owned business in Canada. His educational background is a Honours Degree in Political Science, and he obtained his law degree at the University of York, in England. Andrew has served as a board member on Student Unions, and as the President of a not-for-profit sports club. Andrew has a keen desire to use his professional knowledge of corporate governance and corporate outreach to give back to communities that matter to him and better the lives of those living with lupus.



Leadership Conference



In November, we hosted the Lupus Canada Leadership meeting where we discussed our goals, objectives and how we can best support the lupus community through research, advocacy and awareness. Unfortunately, in the past few years, COVID hampered our ability to meet in-person. Bringing our Board and staff together in-person this year was a very positive, informative and educational experience. The bonding, networking, and engagement was terrific!

Thank you to our incredible speakers for providing excellent content in their presentations and also to the members of our

Board for giving of their personal time and for always going above and beyond with their focus on lupus patient well-being, until one day a cure is found.

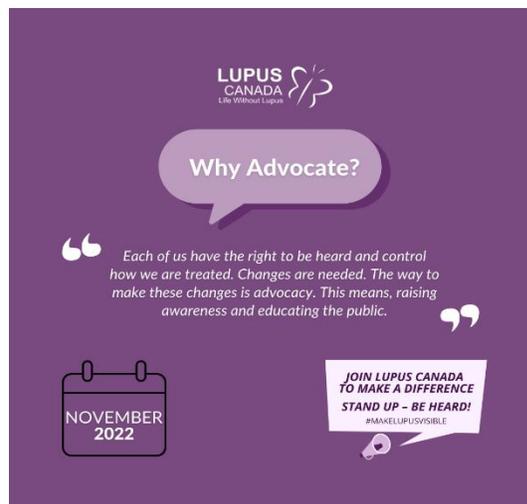
Advocacy Campaign

Lupus Canada embarked on a national advocacy campaign this Fall which aimed to engage with our Elected Officials to provide a better understanding of what lupus is and emphasize the immediate need for a diversity of treatments. Thank you to all those who joined us in our campaign.

On November 25, 2022, the Government of Canada announced the permanent extension of EI sickness benefits from 15 weeks to 26 weeks beginning on December 18, 2022. The change to EI sickness benefits will provide Canadians with additional time and flexibility to recover so they can return to work after an illness, injury or quarantine. Individuals who qualify and establish a new claim on or after December 18, 2022, will be able to receive up to 26 weeks of EI sickness benefits if they are sick and require this time to recover.

With your help, Lupus Canada advocated for these changes and we commend the Government of Canada on implementing this extension. Together we can make a difference!

For more information please visit <https://www.canada.ca/en/employment-social-development/news/2022/11/government-of-canada-improves-sickness-benefits-under-the-employment-insurance-system1.html>



Silent Auction

Thank you to all those who supported and contributed to our Virtual Silent Auction Fundraiser. We all played a role in the event's success whether you participated in the auction, donated items, or shared our event with YOUR family and friends.

Together we are making a difference.





Lupus Canada is pleased to present the

Let's Talk Lupus Disease Awareness Webinars



An informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic. To learn more about our upcoming webinars please visit <https://lupuscanada.org/resources/disease-awareness-webinars/>.

Sponsored By AstraZeneca  GSK

Let's Talk Lupus - Disease Awareness Webinars

On November 17th Lupus Canada was joined by Dr. Roger Levy who discussed empowering women living with lupus by educating them on lupus and pregnancy/fertility; what to know and to think of, questions to ask, things to consider, the stigma around lupus and pregnancy. A video recording of the webinar is available [here](#).



Thank you Dr. Levy for providing an informative and resourceful webinar for the lupus community.

Please follow us on Facebook, Twitter, Instagram and LinkedIn to learn more about our upcoming webinars.

Did You Know?

1 in 3
lupus patients suffer from multiple
autoimmune diseases.



ARTICLES

Cold Weather, Symptoms Flares, And Lupus

Cold weather can bring lupus flares with it, but the reasons behind these flares are not fully understood. How can you prepare yourself for the cold months?

Most people with lupus are, unfortunately, very familiar with symptom flares. The triggers that cause these sudden increases in pain and other symptoms of lupus can vary from person to person, and sometimes flares seem to occur at random.

However, winter is an especially difficult time of year for many Lupus Warriors.



How does cold weather impact lupus disease activity?

Cold temperatures could be causing painful flare-ups as blood vessels constrict in the cold to prevent heat loss. As the blood vessels get smaller, the pressure increases in the head, joints, and limbs. This increased pressure restricts blood flow to the fingers, toes, and extremities. Many people with lupus already have restricted blood flow, especially if they are experiencing Raynaud's Phenomenon, and this blood vessel constriction can cause a minor type of frostbite. As the tissues in the fingers and toes are starved of oxygen, they become damaged and begin to hurt badly.

Winter brings other potential triggers besides the cold, however, that Lupus Warriors have to deal with as well, including:

Dry Air and Lupus

Cold air holds less moisture than warm air, and this can dry out your nasal passages and windpipe. Not only does this make you more vulnerable to respiratory infections, but it irritates the throat and can lead to an inflammatory response. It can also be stressful. All of these are known triggers of lupus flares, so you should keep an eye out for that.

Bad Weather and Lupus

Winter is a turbulent time, and winter storms come and go. Along the way, storms change the barometric pressure around them frequently. Even for people with lupus who are not bothered by the cold, these pressure changes can cause symptom flares and pain. Though

the scientific reasons behind these flare-ups isn't fully known, it is likely related to other weather-sensitive health problems, such as joint pain and headaches.

Sun Exposure and Lupus

Sun exposure isn't just a worry in summertime — If you are in a place that experiences snow, sun exposure can be a nasty surprise in the winter. This is particularly true if you have photosensitive skin. Sunlight reflects off of snow and ice, increasing UV exposure and triggering symptom flares.

How do you avoid flares in winter?

There is a lot that you can do to protect yourself from lupus flares this winter.

The most important that you can do to battle the cold weather is keep warm: Dressing in layers, turning up the thermostat of your home, protecting exposed skin when going outside, and drinking warm liquids can help keep your body temperature up. You should cover your hands and feet in particular with warm gloves and socks – this helps prevent them from getting too cold.

A humidifier can also be a great investment to moisten the air and your throat. If you live with other people, a humidifier makes them more comfortable too, so it is a win for everyone. You can buy humidifiers in most home appliance stores at this time of year.

There isn't much you can do about the cold weather besides trying to stay inside when possible. However, if you live in a region with wild winter storms, keeping an eye on the weather report can at least help you predict your next flare. From there, you can use your usual methods for managing your lupus flares. Read more here for tips on how some lupus experts manage their flares, or on how art therapy may help you get through a cold and windy day.

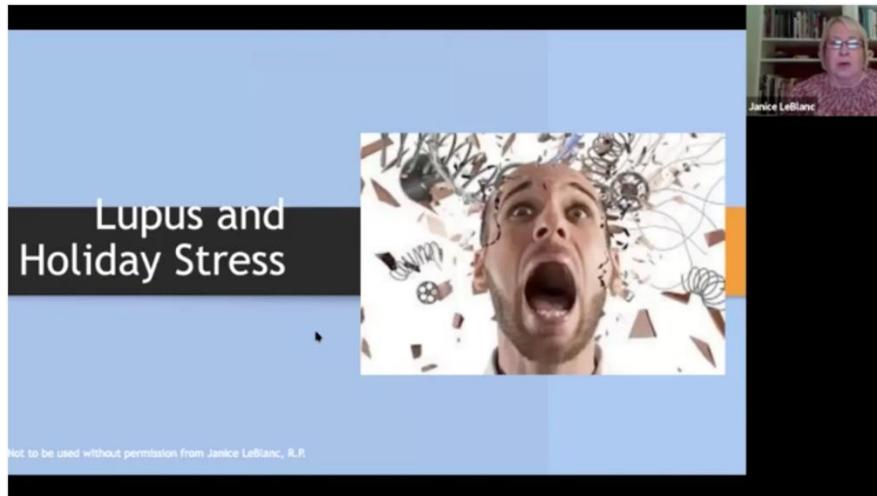
Do you need a little more help predicting your flares? We have some research on the subject here.

In the meantime, stay hydrated, avoid alcohol, nicotine, and caffeine, and get plenty of sleep. Don't avoid exercise either – exercising indoors will help keep you active and producing inflammation-fighting chemicals without needing to brave the cold.

Source: <https://lupuscorner.com/cold-weather-symptom-flares-and-lupus>

Self Advocacy Webinars: Mental Health & Lupus - Managing Expectations

Watch "Mental Health and Lupus – Managing Expectations" with Janice LeBlanc, a Registered Psychotherapist. Janice addresses self-care over the holiday season with tips and tricks on how to best manage expectations with friends and family.



Let's Talk Lupus: Mental Health and Lupus - Managing Expectations

MY LUPUS JOURNEY WITH KAYLA B.



My name is Kayla Bodden and I am from Toronto, Ontario. I am so very happy to have the opportunity to submit my story for December E-Newsletter.

Battling my health led me to be a Superhero for others as I am studying to become a Doctor and currently have my NCCPA.

I am 27 years old and since the age of 16 I battled sickness, crippling pain, rashes all over my body including a butterfly rash only on one cheek and my neck, arms and legs, major food intolerances, hair loss, fatigue, vomiting every day, chest pain and kidney infections... the list goes on but these hidden and confusing battles would always pop up out of the blue when it was least expected, and I was still left without a diagnosis.

I got to a point in my life last year...when going to the emergency room for flare ups, pain, blacking out and swollen joints had doctors thinking I was a hypochondriac. Begging my family doctor to send me for more in depth testing was a never ending cycle, not being able

to just breathe without pain became my perfume and I had enough. I told myself if I die, then I die, I made peace with God and I have tried my best... but just a few months ago an angel was sent to help me.

After searching for a naturopathic doctor to take me seriously... the Canadian College of Naturopathic Medicine gave me an amazing Doctor who is not working with my Medical Doctor in regards to treatment plans...the right tests were administered to confirm my diagnosis and I still have to see a Rheumatologist. The fight is not over, I still need further treatment, I am still battling serious kidney infections and feeling sick daily but changing my diet, lifestyle and lowering stress levels is making me just a little happier...medication isn't helping and radiation has become a topic of discussion...some days I want to give up but I know I can't. I have a purpose to help those in need.

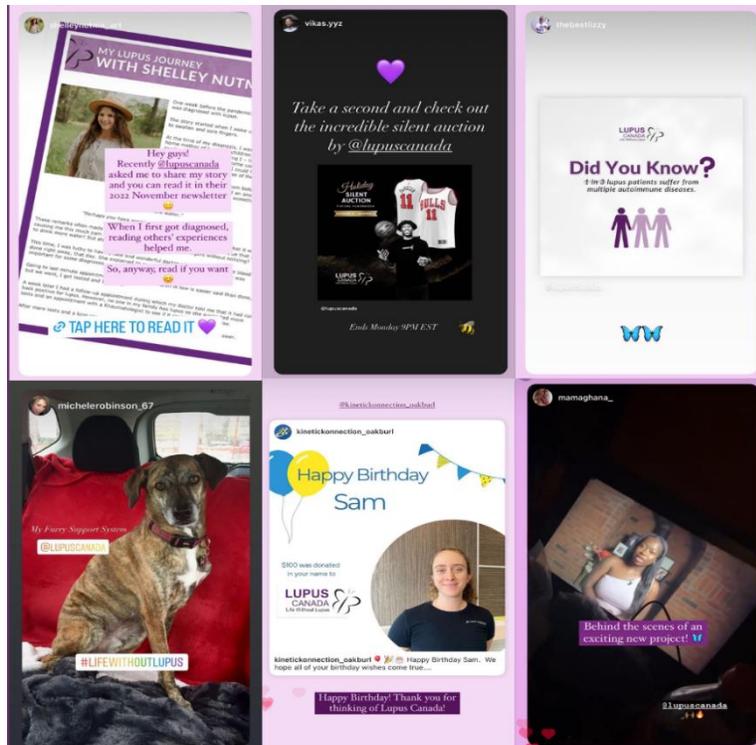
Listen, I know your pain is telling you to give up but trust me we need to keep fighting this battle and know that we have lupus but lupus doesn't have us... Superheroes face battles until the end.



Social Media Highlights

Over the years, Lupus Canada has built a wonderful community of amazing people who always show love and support.

Thank you to everyone tagging us in their posts, here's a little recap of our favourite community posts. Keep tagging us in your posts for a chance to be featured in our Social Media Highlights!



Accounts Of Interest

Dealing with chronic illnesses may be hard so it's important to stay connected with pages that can help boost morale and keep a positive mindset. We've decided to group together some great social media pages that we think can help make things easier!



[@thisfamilytree](#)

Alexandra's lupus journey began in the three long and very painful years it took for her to get diagnosed. Years of living with sharp pains in her chest, debilitating migraines and severe arthritis - yet she was just 22 years old!

At first Alexandra's doctors thought she was just reacting to the stress of going to university. But then one morning Alexandra awoke, and her first breath brought an excruciating pain and pressure in her chest like she'd never felt before. Alexandra had to call her parents to help her get out of bed and take her to the hospital. Doctors told her I had pericarditis, an inflammation of the lining of the heart. This symptom eventually helped lead to her lupus diagnosis.

Alexandra continues to share her story in every way she can - now while being a mother - both online in her new photo blog, podcast, and in other ways. She is determined to inspire others who are struggling, to show them that it's possible to be happy, and to have a great life while living with this disease.



[@abbyriacharles](#)

Abby Charles is a lupus warrior who serves as a Director at the Institute for Public Health Innovation (IPHI), The public health institute for Washington, DC, Maryland and Virginia. In this role, Ms. Charles works with a variety of sectors and stakeholders including: Elected officials, health departments, planning agencies, and community-based organizations and other key stakeholders to design and implement policy, systems, and environmental changes aimed at improving public health.

With over 15 years' experience as a public health practitioner, Ms. Charles provides expertise and oversight for an extensive portfolio of health equity-focused programs including grassroots public health workforce development, community health worker initiatives, training and technical assistance to promote racially equitable communities, health in all policies strategies, and multi-sector collaborative development to achieve public health transformation.



RECIPES

A Delicious And Healthy Meal

On The Menu:

Healthy Cinnamon Roll Mug Cake

Ingredients

Cake:

- 1 tbsp unsalted butter melted (about 15 grams)
- 1 large egg
- 3 tbsp superfine almond flour
- ½ tsp baking powder
- 1 tbsp coconut sugar or your favorite granular sweetener
- ½ tsp vanilla extract
- ½ tsp cinnamon

Cream Cheese Frosting: Cinnamon Sugar Topping:

- | | |
|--|-------------------------|
| • 1 tsp unsalted butter softened about 5 grams | • ¼ tsp ground cinnamon |
| • ½ tbsp cream cheese at room temperature | • 2 tsp coconut sugar |
| • ¼ tsp honey or maple syrup | • Small pinch of salt |



Instructions

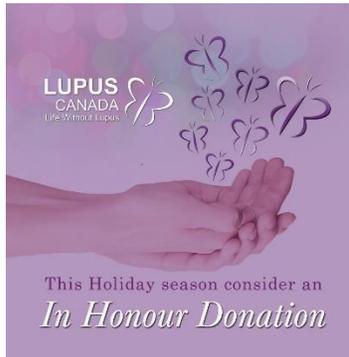
- 1** Add all cake ingredients in a microwave-safe mug. Mix with a small fork or whisk until the batter is smooth.

Note: use a mug that can hold at least 8 oz of liquid – it will dome up, but it will not overflow. 8 oz is the minimum size.

- 2** In a small bowl, mix together cinnamon sugar ingredients. Sprinkle half of it over the cake (save remaining for another cake or as an extra topping).
- 3** Cook the cake in the microwave at full power for about 1 minute and 15 seconds to 1 minute and 30 seconds. Be careful not to overcook the cake because that will cause the cake to be dry when it cools.
- 4** While the cake is cooling a bit, add room temperature butter and cream cheese to a small bowl mix until super smooth. Stir in honey.
- 5** Place frosting into a piping bag or use a Ziploc bag and cut a small hole at one corner. Pipe a swirl over the still-warm cake (or simply smudge the frosting over the top!). The cake is best enjoyed warm.

Source: <https://lupushope.org/recipe/healthy-cinnamon-roll-mug-cake/>

QUICK LINKS



Ways To Donate This Holiday Season

Find ways of donating and making an impact [here](#).



Merchandise

Support Lupus Canada by shopping our merchandise catalogue [here](#).



Brochures

Read and learn about everything lupus related [here](#).

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Toll Free: 1-800-661-1468
Local: 905-235-1714
info@lupuscanada.org
www.lupuscanada.org

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[Lupus Canada](#)
PO Box 8 LCD 1, Newmarket, ON L3Y 4W3

